

CHILI STEW

Equipment:

Measuring Spoons

Measuring Cup

3 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients:

1 lb. ground beef 500 g

2 medium onions, chopped 2

1/4 tsp instant minced garlic 1ml

1 can pinto or red kidney 1

(1 1/2 cups) beans (398 ml)

1 can stewed tomatoes, 1

(1 1/2 cups) chopped (398 ml)

1 can tomato sauce 1

(1 1/2 cups) (398 ml)

2 - 3 chili powder 30 - tbsp 45 ml

Procedure:

1. Coarsely crumble ground beef in a 3-quart (3 L) casserole.
2. Stir in onion and garlic.
3. Cook at **P7** 6 - 7 minutes, or until beef is browned.
4. Stir once, drain. Stir in remaining ingredients.
5. Cover with lid.
6. Cook at **P7** 6 minutes and at **P3** 20 minutes.
7. Stir once.
8. **To Complete:** Let stand, covered, 5 minutes before serving.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.